

سمُندري گنبد

Oceanic Dome



Shaykh-e-Tarigat Amir-e-Ahl-e-Sunnat,

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سَمُندري گُنبد

OCEANIC DOME

(Rights of Parents in Islam)

This booklet was written by Shaykh-e-Ṭarīqat Amīr-e-Aĥl-e-Sunnat, the founder of Dawat-e-Islami 'Allāmaĥ Maulānā Abū Bilāl Muḥammad Ilyās 'Aṭṭār Qādirī Razavī المنتابِّة الله in **Urdu**. The translation Majlis has translated this booklet into **English**. If you find any mistake in the translation or composing, please inform translation Majlis on the following postal or email address and gain reward [Šawāb].

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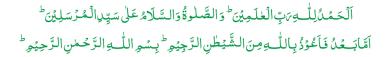
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Transliteration Chart

۶	A/a	j	Ř/ř	J	L/l
ı	A/a	j	Z/z	م	M/m
ب	B/b	Ĵ	X/x	U	N/n
پ	P/p	U	S/s	g	V/v, W/w
ت	T/t	ش	Sh/sh		
ط	Ť/ṫ	ص	Ş/ş	ö/ o / p	Ĥ/ĥ
ث	Š/š	ض	D/d	ی	Y/y
٥	J/j	ط	Ţ/ţ	_	Y/y
چ	Ch	ظ	Ż/ż	,	A/a
٢	Ḥ/ḥ	ع	۲	,	U/u
خ	Kh/kh	ۼ	Gh/gh	,	I/i
و	D/d	ف	F/f	و مکره	Ū/ū
ż	Ď/ď	ق	Q/q	ى مە	Ī/ī
j	Ż/ż	<u> </u>	K/k	امده	Ā/ā



Oceanic Dome

Satan will use every trick of his trade to keep you from reading this book, but you will fear a lot after reading it اِنْ شَاءَاللّٰه عَدَّوَجَلً

One Who Recited Ṣalāt-'Alan-Nabī Loudly was Forgiven

An old pious man saw a person in his dream after his death and asked 'How has Allah عَرِّدَعِلَ dealt with you?' He said, 'Allah المعتمد has forgiven me.' The pious man asked 'For what reason?' He said 'I used to write Ḥadīš in company of a Muḥaddiš and once he recited Ṣalāt upon the Embodiment of Nūr, the Mercy of the both worlds, the Beloved of Allah مَلَى الله عَمَالُ عَلَيْهِ وَاللهِ وَسَلَّم so I recited Ṣalāt-'Alan-Nabī loudly. When everyone heard it, they too recited the Ṣalāt-'Alan-Nabi. Therefore, by virtue of this, Allah عَرِّوَعِلَ has forgiven all of us.' (Al-Qaul-ul-Badī', p. 204)



Allah عَزَّوَجُلَّ sent revelation upon Sayyidunā Sulaymān عَنِّوَجُلَّ ordering him to visit the bank of the ocean in order to witness

Very shortly, Āṣif bin Barkhiyā مَحْمَةُ اللهِ تَعَالَىٰ عَلَيْهِ brought a grand camphoric four door white coloured Dome in the blessed court of Sayyidunā Sulaymān عَلَىٰ نَوْيَعًا وَ عَلَيْكِ الشَّلَّالُةُ وَالسَّلَامِ. One door was made up of pearls, the second of rubies (Yāqūt), the third of diamonds and the fourth was made up of emeralds (Zamarrud). There was not even a single drop of water inside despite all four doors were open. Inside the Oceanic Dome, there was a very handsome young man, dressed up in neat and clean clothes, engaged in offering Ṣalāĥ.

When he completed his Ṣalāĥ, Sulaymān عَلْ نَبِيْوَا وَ عَلَيْهِ الصَّلَّوةُ وَالسَّلَامُ said Salām to him and enquired about the secrets of this Oceanic Dome. He said: O Prophet of Allah عَنْوَتَهَا My father was handicapped and mother was blind. اللَّمَانُ لِللهُ عَنْوَتِهَا I served them for seventy years. My mother supplicated before she passed away that: O Allah عَنْوَتِهَا وَالسَّمَانُ اللهُ عَنْوَا وَالْمُعَانُ الْمُعَانُ اللهُ عَنْوَا وَالْمُعَانُ اللهُ عَنْوَا وَالْمُعَانُ اللهُ عَنْوَا وَالْمُعَانُ اللهُ عَنْوَا وَالْمُعَانُ اللهُ عَنْوَا وَاللّهُ اللهُ عَنْوَا وَاللّهُ عَنْوَا وَاللّهُ عَنْوَا وَاللّهُ اللّهُ عَنْوَا وَاللّهُ اللهُ عَنْوَا وَاللّهُ عَنْوَا وَاللّهُ اللّهُ عَنْوَا وَاللّهُ عَنْوَا وَاللّهُ اللّهُ اللّهُ عَنْوَا وَاللّهُ اللّهُ عَنْوَا وَاللّهُ اللّهُ عَنْوَا وَاللّهُ اللّهُ عَنْوَا وَاللّهُ عَنْوَا وَاللّهُ اللّهُ عَنْوَا وَاللّهُ اللّهُ عَنْوَا وَاللّهُ عَنْوَا وَاللّهُ اللّهُ عَلَيْهُ اللّهُ عَنْوَا وَاللّهُ عَنْوَا اللّهُ اللّهُ عَلَيْهُ اللّهُ اللّهُ عَنْوَا وَاللّهُ عَنْوَا وَاللّهُ عَلَيْهُ عَلَيْمُ اللّهُ عَلَيْهُ عَلَيْهُ عَنْ اللّهُ عَنْوَا وَاللّهُ عَنْوَا وَاللّهُ عَنْوَا وَاللّهُ عَنْوَا وَاللّهُ عَنْوَا وَاللّهُ عَلَيْهُ عَلَيْهُ عَلَّهُ عَلَيْهُ عَلَيْهُ عَلَّهُ عَلَيْهُ عَلَّهُ عَلَيْهُ عَلَيْهُ عَلَيْهُ عَلَيْهُ عَلَّهُ عَلَيْهُ عَلّهُ عَلَّهُ عَلَيْهُ عَلَيْهُ عَلَّهُ عَلَيْهُ عَلَّهُ عَلَّهُ عَالْمُعَالِمُ عَلَّهُ عَلَيْهُ عَلَّهُ عَلَّهُ عَلَيْهُ عَلَّهُ عَلَّهُ عَلَّهُ عَلَّهُ عَلَيْهُ عَلَّهُ ع

O Allah عَدَّوْءَكَ ! Give my child the ability to worship at such a place where Satan can't interfere.

I saw this oceanic dome when I came to the bank of this ocean after the burial of my beloved father and I entered it. Meanwhile, an Angel came and took this dome into the depths of the ocean. Upon asking of Sayyidunā Sulaymān على تَوْيِتًا وَ عَلَيْهِ الصَّلَامُ , he said that I came over here in the blessed time of Ibrāĥīm على تَوْيِتًا وَ عَلَيْهِ الصَّلَامُ realized that it's been two thousand years since he has been in the Oceanic Dome and is still young. Not even a single hair of his had turned white.

Regarding his food he said: Everyday, a green bird brings something yellowish in its beak. I eat it. It contains the taste of all of the bounties of the world. It fulfils my hunger and thirst. In addition, الْكَمُمُدُلِلُهُ عَزَيْمَاً, I remain secured from heat, cold, sleep, laziness, drowsiness, loneliness, fear and horrors. After that, upon the request of that young man and order of Sulaymān معلى مَعْمَدُ اللهِ تَعَالَى عَلَيْهِ الصَّلَوْةُ وَالسَّلام. Shaykh Āṣif bin Barkhiyā معلى تَعِيْعَا وَ عَلَيْهِ الصَّلَوْةُ وَالسَّلام picked up that oceanic dome and took it back to the depth of the ocean.

After this, Sulaymān عَلْ نَبِيْهَا وَ عَلَيْهِا وَعَلَيْهِا الصَّلَاهُ said: O people, May Allah عَرَّبَعلَ shower his blessings upon you. Did you notice to what extent the supplications of parents are acknowledged! Refrain from disobeying your parents. (Raud-ur-Riyāḥīn, p. 233)

May the mercy of Allah عَزَّوَجَلَّ be showered upon them and we get forgiven for their sake!

Oceanic Dome

Dear Islamic brothers! We come to know that serving parents is a great honour. If they become happy and supplicate for us, we become successful. Listen to another similar faith enlightening narration and sway with happiness.

Injured Finger

Sayyidunā Bāyazīd Bisṭāmī محمّهُ اللهِ تَعَالَى عَلَيْهُ says that my mother asked me for water in a freezing night of winter. I fetched the glass of water but she had gone asleep. I didn't feel appropriate to wake her up so I stood next to her with the glass of water waiting for her to wake up so that I could present her the glass of water. It had been quite some time since I was standing and some of the water had frozen on my finger by flowing through the glass.

Anyway, when my mother woke up, I presented her the glass of water. As soon as the finger that was stuck to the glass due to being frozen separated from the glass, the skin also came off and it started to bleed. Upon seeing this, my mother asked 'What is this?' I told her the whole incident. Then she raised her hands and supplicated: O Allah عَرَّتُهُ I am pleased with him, You too be pleased with him. (Nuzha-tul-Majālis, pp. 261, Vol. 1)

May the mercy of Allah عَزَّوَجَلَّ be showered upon them and we get forgiven for their sake!





Kiss the Doorstep of the Paradise Everyday

The fortunate ones, whose parents are still alive, should kiss their feet and hands at least once a day. There is a great reward in respecting the parents. The Holy Prophet مَلَّى الله وَعَالَى عَلَيْهِ وَاللهِ وَسَلَّم has said: 'The Paradise lies under the feet of your mothers.' So being good to them reward entry into the Paradise. It is stated in Baĥār-e-Shari'at, volume 16, page 88 published by Maktabatul-Madīnaĥ: One may also kiss the feet of his mother. It is stated in a Ḥadīš 'The one who kissed his mother's feet; it is as if he kissed the doorstep of the Paradise.' (Dur-ru-Mukhtār, p. 606 Vol. 9)



Freed Two Slaves Upon the Voice Being Risen in Front of Mother

Whenever you see your mother or father coming, stand up with respect. Don't talk to them by looking into their eyes. Whenever they call you, instantly reply Labbaīk (Here I am). Address them with respectful words (and never let your voice rise above theirs). Sayyidunā 'Abdullaĥ bin 'Awn's mother called him and while replying back to her, his voice rose a little bit. As a compensation, he مَحَمُّ السُوتَعَالَى عَلَيْهِ freed two slaves. (Hilyat-ul-Awliyā, pp. 45, Vol. 3 Raqam 3103)





Earn the Reward of Ḥajj-e-Mabrūr (Accepted Ḥajj) Again and Again

How much our saints الشبخت الله عنودياً! How much our saints الشبخت would value their parents and how great their Madanī thinking used to be. Where shall we get two slaves from! Alas! In such matters, forget about 'two chickens', we don't even have the courage to sacrifice two eggs in the path of Allah عَدَّوَعلَ ! May Allah عَدَّوعلَ give us the ability to understand the importance of parents. Āmīn!

Let's earn abundant rewards without spending anything and for absolutely free. Look at your parents with sympathy and love. How nice it is to look at your parents with a merciful gaze! The Holy Prophet صَلَّى الله تَعَالَى عَلَيْهِ وَاللهِ دَسَلَّم has said: When children look at their parents with a merciful gaze, Allah عَوْدَهِ لَلهُ تَعالى اللهُ تَعالى عَلَيْهِ وَاللهِ دَسَلَّم writes the reward of Ḥajj-e-Mabrūr (accepted Ḥajj) for every (such) sight. The Holy Companions عَلَيْهِ وَالرِّهِ صُوال asked: Even if someone looks at them hundred times a day! Holy Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَاللهِ وَسَلَّم is the Greatest and Atyab (the Purest).' (Shu'ab-ul-Īmān, pp. 186, Vol. 6 Ḥadīš 8756)

Undoubtedly, Allah عَدْوَعَكُ is capable of everything. He عَدْوَعَلُ can give as much as He عَدْوَعَلُ wants. He نَعْوَعَلُ is not bound or compelled by anyone at all so if someone looks at his parents with a merciful gaze one hundred times a day, He عَدُوعَكُ would grant him the reward of one hundred accepted Ḥajj's.





Companion of Heaven

Once Sayyidunā Mūsā عَلْيَتِهِالَّهُ وَالسَّلَامُ asked Allah عَلْيَتِهَا وَعَلَيْهِالْمُوالُونَا الله asked Allah عَلْيَتِهَا وَعَلَيْهِ السَّلَامُ said: Go to so and so town. You will find so and so butcher over there, he will be your companion in Heaven. Therefore, Mūsā عَلْيَهِا وَعَلَيْهِ الضَّلَّوةُ وَالسَّلَامُ went to the butcher; (even without knowing him and just considering him a traveller and a guest) he invited him. When they both sat down to eat, he put a very big basket next to him. He would take one bite himself and put two inside the basket. Meanwhile, someone knocked on the door. Butcher got up and went outside. Mūsā عَلْيَةِ الصَّلَاهُ وَالسَّلَامُ المَّالِيَةِ الصَّلَاهُ وَالسَّلَامُ وَالسَلَّامُ وَالسَّلَامُ وَالسَّلَامُ وَالسَلَّامُ وَالسَّلَامُ وَالسَّلَامُ وَالسَلَامُ وَالسَّلَامُ وَالسَلَّامُ وَالسَلَّامُ وَالسَلَّامُ وَالسَلَّامُ وَالسَلَّامُ وَالسَلَّامُ وَالسَلَّالَامُ وَالسَلَّامُ وَالسَلَّامُ وَالسَلَّامُ وَالسَلَّامُ وَالسَلَّامُ وَالسَلَّامُ وَالسَلَّامُ وَالسَلَّامُ وَالسَلَّامُ وَالْسَلَامُ وَالْسَلَامُ وَالْسَلَّامُ وَالْسَلَّامُ وَالْسَلَامُ وَ

When the butcher came back and looked at his dead parents inside the basket, he understood the whole matter and kissed his hands and said: You seem to be Allah's Prophet Mūsā مَا لَيْ وَمِتَاوَعَلَيْهِ الشَّلَوةُ وَالسَّلَامِ . He عَلَى ثِمِوْمِتَاوَعَلَيْهِ الشَّلُوةُ وَالسَّلَامِ asked: How did you recognise? He said: My parents used to supplicate humbly everyday that O Allah عَلَى تَوْمِتَا وَعَلَيْهِ الشَّلَامُ وَالسَّلَامِ . Upon their sudden death, I realised that you must be Mūsā عَلَيْهِ الصَّلُوةُ وَالسَّلَامِ . The butcher further said: Whenever my mother ate food, she would supplicate for me out of joy in the following manner: O Allah عَلَى تَوْمَعَا وَعَلَيْهِ الصَّلُوةُ وَالسَّلَامِ hake my child the companion of Mūsā الصَّلَاءُ وَالسَّلَامِ in Heaven.

Mūsā عَلْ نَوْتِهَا وَعَلَيْهِ said: Congratulations! Allah عَرَّوَ عَلَى الصَّلَامِ said: Congratulations! Allah عَرَّوَ عَلَى السَّلَامِ said: Congratulations! Allah عَرَّوَ عَلَيْهِ الصَّلَامِ السَّلَامِ الصَّلَامِ السَّلَامِ السَّلَّةِ السَّلَامِ السَّلَةِ السَّلَامِ السَّلَّةِ السَّلَامِ السَّلَامِ السَّلَامِ السَّلَامِ السَّلَامِ السَّلَةِ السَّلَامِ السَّلَّةِ السَّلَامِ السَّلَامِ السَّلَامِ السَّلَةِ السَّلَامِ السَّلَامِ السَّلَامِ السَّلَّةِ السَّلَامِ السَلَّةِ السَّلَّةِ السَّلَّةِ السَّلَّةِ السَّلَّةِ السَّلَّةِ السَّلَّةِ السَّلَّةِ السَّلَّةِ السَّلَّةِ السَلَّةِ السَلَّةُ السَّلَّةُ السَّلِي عَلَيْكُمُ السَّلِي عَلَيْهِ السَّلِي عَلَيْكُو

May the mercy of Allah عَزَّوَجَلَّ be showered upon them and we get forgiven for their sake!

The Disobedient of Parents is Punished Even in the Worldly Life

Dear Islamic brothers! Did you see? How much supplications of parents for their children are accepted! If parents become angry and supplicate against their children, that is also accepted. Therefore, parents should always be kept happy. Holy Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَاللهِ وَسَلَّم said: 'Parents are your Hell and your Paradise.'

At another place Holy Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَاللهِ وَسَلَّم said: If Allah مَنْ مَلِيهِ وَاللهِ وَسَلَّم can delay the punishment for every sin until the day of Judgement but He عَذْوَجَلَّ punishes the disobeyer of parents in this very world. (Al-Mustadrak, p. 216. Vol. 5 Ḥadīš 7345)

One Became Dumb for Not Replying to His Mother

It is narrated that a man was called by his mother but he did not reply back. Because of this, his Mother cursed him and he became dumb. (*Bir-rul-Wālidaīn Liṭ-Ṭarṭūshī*, p. 79)

Parents had Better Refrain from Cursing

Dear Islamic brothers! You have noted! The one who didn't reply to his mother's call became dumb instantly! There are

many Madanī pearls of warning for disobeyers of parents but there is also a great point where parents need to think too. Especially those mothers, who curse their children by saying: 'May you be destroyed, May you catch leprosy etc.', should control their tongues. It might be the time of acceptance and if the supplication gets accepted, something wrong may happen to the child. Now the mother will be tensed! Therefore, it is always best to supplicate only in the favour of your children.

Will Have to Return Even If You are Abroad

No doubt, it is a great honour to travel in Madanī Qāfilaĥs of Dawat-e-Islami with the devotees of the Holy Prophet in order to learn Sunnaĥs. It is also a great privilege to travel in Madanī Qāfilaĥs of Dawat-e-Islami and spread the Madanī work, to travel overseas and stay there for 12 months or 25 months but if parents get angry due to this or if they have to face so much trouble due to this, then do not travel at all. The aim of spreading the work of Dawat-e-Islami around the globe is not to attain self praises but to attain the pleasure of Allah عَرْمَا للهُ can never be attained by hurting the feelings of parents.

Furthermore, people working or doing businesses in other cities or countries should also travel by obeying their parents. Keep this in your mind as it is written in 'Baĥār-e-Sharī'at', volume 16, page number 202 published by Maktaba-tul-Madīnaĥ: 'He (the son) is in abroad and parents call him. Now he must return to them. Writing a letter would not be

sufficient. Similarly if parents require him to serve them, he must return and serve them.'

Infant Spoke Up!

Whenever parents call, do not delay in replying without a reason. Some people are very negligent in this matter and may Allah عَرْمَجَلُ forbid; they do not even consider the delay in reply to be bad at all. If supererogatory (Nafl) Ṣalāĥ is being offered and parents are not aware of it and they call hazily, one will have to respond to them by breaking the Ṣalāĥ. (However it is Wājib to reoffer that Nafl Ṣalāĥ afterwards).

Those who hurt their parents' feelings by ignoring their calls for no reason become very sinful and deserving of the Hell fires. Mother is after all a mother. Sometimes due to confusion something bad for her children comes out of her mouth and if it is the time of acceptance of supplication, then children come under difficulties. In this relation, a moral story of an old man from Banī Isrāīl is mentioned in the Bukhārī Sharīf.

Therefore, the Holy Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَاللهِ وَسَلَّم has reported: There was a person named Juraīj in Banī Isrāīl. He was offering Ṣalāĥ whilst his mother came and called him but he didn't reply. He said: Shall I offer Ṣalāĥ or reply to her. His mother came again (and cursed him by not getting a reply from him): 'O Allah عَزَّدَجَلُ اللهُ Do not give him death until he sees the face of an immodest woman.'

Juraīj was one day in the place of worship. A woman said: I will seduce him. Therefore, she came and started talking to Juraīj but he (Juraīj) denied. Finally, she went to a shepherd and handed over herself to him. Resultantly, she bore a child and associated him to Juraīj. People came to Juraīj and broke his place of worship and kicked him out and abused him. Juraīj performed ablution and offered Ṣalāĥ and then came to that child and said: O child! Who is your father? He replied: So and so shepherd. Subsequently people offered Juraīj: 'We will build you a place of worship with gold.' He said: No. Make it as it was (of dirt). (Ṣaḥīḥ Bukhārī, pp. 39, Vol. 2 Ḥadīš 2482, Ṣaḥīḥ Muslim, pp. 1380, Ḥadīš 2550)

May the mercy of Allah عَزَّوَجَلَّ be showered upon them and we get forgiven for their sake!



Walking Six Miles on Blistering Stones Whilst Mother on Shoulders

There are so many rights of parents and we can never fulfil them. Therefore, one of the holy companion مَثَى اللهُ تَعَالَى عَلَيْهِ وَاللهِ وَسَلَّم said in the blessed court of the Holy Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَاللهِ وَسَلَّم. There were extremely hot stones on a way that if a piece of uncooked meat was put on them, it would be roasted! I took my mother six miles carrying her on my shoulders. Am I free from the rights of my mother? The Holy Prophet

might be the recompense for one of the labouring shocks she endured while giving birth to you. (Mu'jam Kabīr, pp. 96, Vol. 10, Ḥadīš 652)

May the mercy of Allah عَزَّوَجَلّ be showered upon them and we get forgiven for their sake!

What If Man had to Bear Child Instead of

Woman ...!

Dear Islamic brothers! Undoubtedly a mother faces so many hardships for her child. Only a mother can understand the pain she bears during delivery. How easy it is for man that he doesn't have to face delivery.

A'lā Ḥaḍrat مَرَّفَ الله تَعَالَى عَلَيْه says in Fatāwā Razaviyyaĥ Sharīf volume 27 page 101: Man only gets delight but woman faces hardships for a long time. Keeps the child in womb for nine months and faces the difficulties in walking, getting up, sitting down and she faces almost death upon every contraction during childbearing. Then woman who grins and bears the pains of bleeding after giving the birth is unable to sleep due to different kinds of pains she gets. That's why Allah عَلَوْمَا لَمُ عَلَيْهِا لَمُ الْمُعَالِيةُ says:



'His mother bore him in the womb with hardship, and delivered him with hardship; and carried him and lactating him is for thirty months.'

(Chapter 26, Al-Aḥqāf, verse 15) (Kanzul Īmān [Translation of Quran])

So the birth of every child is at least three years' continuous 'hard labour' for a woman. If a man had to give birth to even a mouse, he would have never done it ever again in his life. (Fatāwā Razawiyyaĥ (Jadīd), p. 27 vol. 101)

Wife Deserves Sympathy

Dear Islamic brothers! The blessed Fatwa of A'lā Ḥaḍrat doesn't only highlight the importance of a mother but also of a wife. A husband should be more kind towards his wife during the period of pregnancy. He should help her out in everything. He shouldn't let her do any hard work. He shouldn't give her tension by shouting at her or through any other means. In fact, he should give her as much rest as possible. Whenever he adores his child, he should also look at his child's mother with a merciful gaze that how many difficulties she endured to deliver his beloved child.

Explanation of the Ruling on Breast Feeding a Child

The Quranic verse that has been mentioned in the blessed Fatwa of A'lā Ḥaḍrat محمدة الشوتعالى 'And lactating him is for thirty months' is related to the establishment of relation of milk and to the prohibition of Nikāḥ. It is mentioned in 'Baĥār-e-Sharī'at', volume 2, page 36 published by Maktaba-tul-Madīnaĥ that: Infant shall be breast fed for two years (according to Ĥijrī years). It is not permissible more than that, whether the infant is a girl or a boy and it is popular amongst some people that a girl can be breast fed for two years and a boy for two and a half; this is wrong.

This ruling (of 02 years) is for breast feeding only and for Nikāḥ to become Ḥarām, the period is two and a half years. Meaning that even though breast feeding after two years is Ḥarām, but if she breast feeds within two and a half years (according to Ĥijrī year), then Ḥurmat-e-Nikāḥ would be valid and if she feeds after that, it would not validate Ḥurmat-e-Nikāḥ even though doing so is not permissible.

It is an Obligation to be Obedient to Even Cruel Parents

Sayyidunā 'Abdullah bin 'Abbās مِشِى الله تَعَالَى عَنْهِهِ states that the Holy Prophet مَلَّ الله تَعَالَى عَلَيْهِ وَالهِ وَسَلَّم said: 'The one whose morning was in such a way that he was obedient to his parents, for him two portals of the Heaven are opened in the morning and if only one of them is alive from his parents, then one portal opens. And the one whose evening was in such a way that he was disobedient to Allah عَدْوَجَلُ for the rights of his parents, for him two portals of the Hell open since the morning and if only one of them is alive, then only one portal opens. A person asked whether the parents tyrannise him. He مَثَلُ اللهُ تَعَالَى عَلَيْهِ وَالهِ وَسَلَّم replied: Even if they tyrannise, even if they tyrannise, even if they tyrannise.' (Shu'ab-ul-Īmān, pp. 206, Vol. 6, Ḥadīš 7916)

Dear Islamic brothers! No doubt the person who keeps his parents happy is very fortunate. The one who displeases his parents there is nothing else for him apart from destruction. Allah عَقْمَعَلَّ says in 15th chapter, Banī Isrāīl, verse 23 to 25:



Treat your parents with kindness; if either of them or both reach old age in your presence, do not say 'Uff' (any expression of disgust) to them and do not rebuff them, and speak to them with the utmost respect. And lower your wing humbly for them, with mercy, and pray, 'My Lord! Have mercy on them both the way they nursed me when I was young.' Your Lord is Well Aware of what is in your hearts.

(Chapter 15, Banī Isrāīl, verse 23-25) (Kanzul Īmān [Translation of Quran])

Mother Do Bears the Excrement of Her Kids in Their Childhood

Dear Islamic brothers! In the above mentioned verse, Allah عَوْمَاتُ has given the order to be kind to parents and specially emphasized to look after them in their old age. The old age of parents certainly puts a man through trial. Sometimes in the old age, parents excrete on their beds and children get annoyed but bear that in mind! Serving parents in such state is also obligatory.

After all, mother too leans up excrement of the child in the childhood. Due to the old age and different diseases, no matter how much agitated they become, no matter if they become

decrepit, no matter how much they grumble make an issue without any reason, no matter how much they fight, even though if they make your life miserable, but still you will have to be patient, patient and patient and will have to respect them. Forget about being disrespectful or shouting at them but you are not allowed to even say 'Uff' to them otherwise you can be at a great loss and destruction of both worlds can become your destiny because the one who hurts the feeling of his parents gets humiliated and is accursed in this world and also becomes deserving the torment in the Hereafter.

Dil dukĥānā chor dayn Mān Bāp kā Warnaĥ is Mayn ĥay khasāraĥ āp kā

Stop hurting the feeling of parents Otherwise you will be in a great loss

(Wasāil-e-Bakhshish, pp. 377)

Deceased Resembling Donkey

Sayyidunā 'Awwām bin Ḥawshab مَحْمُالْمِاتِكَا (who was amongst Tabi'ī Tāba'iīn and passed away in 148 Ĥijrī) says: Once I passed by a graveyard which was located on the outskirts of a village. After the Ṣalāĥ of Aṣr, one of the graves opened and a man came out whose head was like the head of a donkey and rest of the body was like of a human. He brayed three times like a donkey and went back into the grave and the grave closed.

An old lady was sewing cotton. A lady said to me: Do you see that old woman? I said: What's the matter with her? She said

that the old lady is the mother of the one in the grave. He was a drunkard; whenever he would drink and return home in the evening, his mother used to advise him: O my child, fear Allah عَدُّوتَكُ. When will you give up such worst thing! He used to reply her back: You bray like donkey. He died after the Ṣalāĥ of 'Aṣr. Since the day he died, every day after the Ṣalāĥ of 'Aṣr, his grave splits and he brays like a donkey three times and goes back into his grave and the grave closes back. (At-Targhīb wat-Tarhīb, pp. 226, Vol. 2 Hadīš 17)

Disobeyer's Worship Not Accepted

Dear Islamic brothers! We repent in the blessed court of Allah عَدِّوَعَلَّ the most merciful and forgiving and implore Him for security in the Hereafter.

Ah! Hurting the feelings of one's parents is cause of deprivation and results in severe torment. It is stated in a Ḥadīš that: 'Torment of the grave is a reality.' Sometimes its glimpses are also shown in the world so that people may take some lesson from it.

A'lā Ḥaḍrat ﴿ تَحْمُهُ الْمُوتَعَالُ عَالِهِ says in the reply of one of the questions asked to him regarding the disobeyer of the father that: Disobedience of father is the disobedience of Allah عَرْدَجَلَّ and the anger of father is the anger of Allah عَرْدَجَلَّ . If a person pleases his parents, they are Paradise for him and if he displeases them, then they are his Hell. None of his Farḍ (Obligatory), Nafl (Supererogatory) or good deeds will be acknowledged at all until he doesn't please his father.

Apart from the torment of the Hereafter, severe calamities will befall him in this world and there is a danger that whilst he is dying, مَعَادَاللّٰه عَزْدَعَلّ , he wouldn't be able to recite the Kalimaĥ Sharīf (article of faith). (Fatāwā Razawiyyaĥ (Jadīd), pp. 383-385, vol. 24).

May Allah عَدَّتَا forbid, even if the parents are Kāfir (non believers), it is still necessary to be kind to them within the provisions of the Sharī'aĥ, Ṣadr-ush-Sharī'aĥ, Badr-uṭ-Ṭarīqaĥ, 'Allāmaĥ Maulānā Muftī Muhammad Amjad 'Ali A'zamī writes with the reference to 'Alamgīrī' in 'Baĥār-e-Sharī'at', volume 2, page 452 Published by Maktaba-tul-Madīnaĥ that: 'If parents of a Muslim are Kāfir (non believer) and they ask him to take them to an idol-temple, then he shouldn't do so and if they ask to bring them back from there, then he can bring them back.' (Fatāwah Alamghīrī, pp. 350, Vol. 6)

One Who Abuses his Mother/Father...

Those who are used to abusing other people's mothers are very disgraceful people Ṣadr-ush-Sharī'aĥ, Badr-uṭ-Ṭarīqaĥ, 'Allāmaĥ Maulānā Muftī Muhammad Amjad 'Ali A'ẓamī عِنْتُهُ اللهِ تَعَالَى عَلَيْهِ 195 Published by writes in 'Baĥār-e-Sharī'at', volume 16, page 195 Published by Maktaba-tul-Madīnaĥ that: The Holy Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَاللهِ وَسَلَّم said: It is amongst the major sins that a person abuses his parents. People asked: Yā Rasūlullāĥ مَسَلَّم said: 'Yēs. People abuses his parents? He صَلَّى اللهُ تَعَالَى عَلَيْهِ وَاللهِ وَسَلَّم said: 'Yes. It is when he abuses someone else's father, he abuses back at his father and when he abuses someone else's mother, he abuses back at his mother.'

After narrating this Hadīš, 'Allāmaĥ Maulānā Muftī Muhammad عَلَيْهِ وُ الرِّضُوَانُ says: The holy companions مَحْمَةُ اللهِ عَلَيْهِ وَالرِّضُوانُ who had seen the time of ignorance did not understand that why would someone abuse his own parents (i.e. can someone even abuse his parents!); this was inconceivable. The Holy Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَاللهِ وَسَلَّم described that it means to get abused by others and now such a time has come that some people abuse their parents themselves and completely disregard them.

(Baĥār-e-Sharī'at)

The Ones Hanging With the Branches of Fire

Sayyidunā Imām Aḥmad bin Ḥajr Makkī Shāfi'ī رَحْمَةُ اللَّهِ تَعَالَى عَلَيْهِ narrates: The Holy Prophet صَلَّى اللَّهُ تَعَالى عَلَيْهِ وَاللهِ وَسَلَّم said: On the night of Mi'rāj (Ascension), I saw some people who were hanging with the branches of fire. So I asked: O Jibrīl, who are these people? He replied: These are the people who used to abuse their mothers and fathers in the world. (Azzawājir 'Anigtirāf-il-*Kabāir*, pp. 139, vol.2)

As Many Embers as Raindrops

It is reported: The one who abuses his parents, as many embers descend in his grave as the raindrops descend on the earth from the sky. (Azzawājir 'Anigtirāf-il-Kabāir pp. 140, vol.2)

Grave Smashes the Ribs

It is narrated: When the disobeyer of parents is buried, the grave squeezes him so much that his ribs mix into one another

(after being smashed). (Azzawājir 'Aniqtirāf-il-Kabāir pp. 140, vol.2)

Will Not Enter the Heaven

It is reported by Sayyidunā 'Abdullāĥ bin 'Umar مرضى الله تعالى عنهما that the Holy Prophet صَلَّى الله تعالى عليه والهو وسَلَّم said: Three people will not enter the Paradise:

- 1. Disobeyer of parents
- 2. Dayyūš¹
- 3. A woman adopting the resemblance of man. (Al-Mustadrak, pp. 525, Vol. 1, Ḥadīš 252)

If Father-Mother Quarrel, What Should Children Do?

A'lā Ḥaḍrat ﴿ تَعْمُالُونَكَالُ عَلَيْهُ says: If there is quarrel between parents the children should neither support the mother nor the father. They shouldn't be harsh on the father out of the love for the mother. To hurt the feelings of father, to reply back to him rudely, or speak to him disrespectfully by looking straight into his eyes is Ḥarām and is disobedience of Allah عَرَبُهَا لَهُ لَا اللهُ ا

One should never go for such obedience of anyone which culminates in disobedience of Allah عَرِّنْهُ . For example, if the

¹ Dayyūš is a person who does not insist his woman to refrain herself from unveiling.

mother asks her child to hurt the father by any means and if he does not agree to do so i.e. doesn't be harsh on the father and due to this the mother gets angry, then he should let her be angry and should not listen to his mother at all in this matter and vice versa for the father.

Scholars have made discrimination in such a way that in matters of looking after, mother will be given priority and in matters of respect, father will be given the preference because one's father is the head of his mother as well. (Fatāwā Razawiyyaĥ (Jadīd), pp. 390, Vol. 24)

If Parents Order to Shave the Beard, Do Not Listen to Them

We come to know that if parents ask to do something unlawful (against the Sharī'aĥ), do not comply. Obeying them in unlawful things is sin. For example, parents ask to tell lie or shave beard or keep it less than a fistful, then do no listen to them at all on these things no matter how much angry they become. You will not be considered to be disobedient. And if you do agree to them (on unlawful things) then you would definitely be considered to be a disobeyer of Allah عَرَّدُها .

Similarly, if parents are divorced and no matter how much mother cries and orders you not to meet your father, then this order will not be obeyed. You will have to meet your father and will also have to serve him. Even though they have separated but the relationship with children is not broken. Children will have to observe equal rights for both of them.

What Should a Person Do If His Parents Died Whilst Displeased With Him?

The one whose parents passed away whilst they were displeased, he should abundantly supplicate for their forgiveness as the biggest gift for the deceased is the supplication for their forgiveness and should also transmit a lot of Šawāb on their behalf. Hopefully deceased parents will become pleased with him if he sends the gifts of good deeds continuously.

It is stated in 'Baĥār-e-Sharī'at', volume 16, page 197 published by Maktaba-tul-Madīnaĥ that: The Holy Prophet صَلَ اللهُ تَعَالَى عَلَيْهِ وَالْهِ وَسَلَمُ said: 'Someone's parents or one of them passed away in a state that he was disobedient to them, now he should ask for their forgiveness so much so that Allah عَدَّوَجَلَّ writes his name amongst the pious people.' (Shu'ab-ul-Īmān, pp. 202, Vol. 6, Ḥadīš 7902)

If possible, buy as many booklets and books from Maktabatul-Madīnaĥ as you can and distribute them with the intention of Īṣāl-e-Šawāb¹. If you want your parents' name or your address to be printed on the books and booklets for purpose of Īṣāl-e-Šawāb, please contact Maktaba-tul-Madīnaĥ.



 $^{\rm l}$ Īs̄āl-e-Ṣ̄awāb refers to the act of spiritually sending the reward of virtuous deeds to the deceased.

Payoff Parents' Debts

The Holy Prophet صَّلَ اللهُ تَعَالَى عَلَيْتِ وَالْهِ وَسَلَّم said: The one who fulfils the oath of his parents after their death and pays off their debts and doesn't get them abused by abusing other's parents, he will then be written amongst those who treat their parents nicely even if he was disobedient to them (in their lifetime) and the one who doesn't fulfil the oath of his parents and doesn't pay off their debts and gets them abused by abusing other's parents, he will be written as disobedient even if he used to treat them nicely in their lifetime. (Mu'jam Awsat, pp. 232, Vol.4 Ḥadīš 5819)



The Reward of Visiting the Grave of Parents on Friday

The Most Beloved Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَاللهِ وَسَلَّم has said: The one who visits both graves of his parents or anyone of them every Friday, Allah عَرَّوَجَلَّ will forgive his sins and he will be written amongst those who treat their parents nicely. (*Jāmi' Tirmizī*, p. 97 Ḥadīš 130)

Madanī Channel will Bring Madanī Reforms in Every House

Dear Islamic brothers! In order to save yourself from the disobedience of parents and to get the zeal of their obedience

and furthermore, to light up the love of the Holy Prophet مَلَى الله وَعَلَى عَلَيْهِ وَاللهِ وَسَلَّم in your hearts and to make your hearts the centre of the love of the Holy Prophet مِثَلَّى اللهُ تَعَالَى عَلَيْهِ وَاللهِ وَسَلَّم, stay attached to the Madanī environment of Dawat-e-Islami. النَّ شَلَّ ٱللله عَوْدَعَلَّى! With the blessings of this Madanī environment, we will get the privilege of acting upon Sunnaĥ, doing good deeds, refraining from sins and safeguarding our faith.

The summary of the account presented by a Muballigh-e-Dawat-e-Islami from Mīrpūr 11 (Dhaka, Bangladesh) is that once I came across someone while I was going somewhere. Upon seeing me he said: Do you know where am I going with my wife and kids? Then he replied himself: Actually my parents and I were at discord with each other. By virtue of watching Bayān 'Mān Bāp ke Ḥuqūq (Rights of the Parents)' on Madanī channel, I realised that I have committed a major sin by being disobedient to parents. Therefore, I am going in the court of my parents along with my wife and kids to apologise. May

Allah عَدَّوَجَلَّ confer success to Dawat-e-Islami and Madanī Channel by leaps and bounds.



Rāĥ-e-Sunnat par chalā kar sab ko Jannat kī ṭaraf Lay chalay bus ik yeĥī ĥay Madanī Channel kā ĥadaf Yā Khudā عَزَدَجَلَّ ĥay iltijā 'Aṭṭār kī Sunnatayn apnāyaīn sab Sarkār مَثَلُ الشُهْتَالِ عَلَيْهِ وَالْهِوْمَالُهِ



Leg Got Cut off Due to Mother's Curse

Dear Islamic brothers! From this Madanī marvel, we come to know the benefits of the Madanī channel. In this Madanī Baĥār, 'The Rights of Parents' are discussed and without any doubt, to completely fulfil the rights of parents is very difficult. One should keep trying to fulfil their rights throughout his life and should try to save himself from the anger of parents. Those people who hurt their parents come to a fearful end in this world too.

Therefore, Shaykh 'Allāmaĥ Kamāl-ud-Dīn Damairī مِحْتُهُ اللهِ مِتَعَالَى عَلَيْهِ المَّالِيَّةِ الْمُعَالَى عَلَيْهِ المَّالِيَّةِ الْمُعَالَى عَلَيْهِ المَّالِيِّةِ المَّالِيِّةِ المُعَالِيِّةِ المُعَالَى عَلَيْهِ المَّالِيِّةِ المُعَالَى المُعَالَّمِ المَّالِيِّةِ المُعَالِّةِ المُعَالِيِّةِ المُعَالِّةِ المُعَلِّمُ المُعِلِّمُ المُعِلِمُ المُعَلِّمُ المُعِلِمُ المُعِلِمُ المُعَلِّمُ المُعِلِمُ المُعِلِمُ المُعِلِمُ المُعَلِّمُ المُعِلِمُ المُعِمِي المُعِلِمُ المُعِلِمُ المُعِلِمُ المُعِلِمُ المُعِلِمُ المُعِلَّمُ المُعِلِمُ المُعِلِمُ المُعِلِمُ المُعِلِمُ المُعِلِمُ الْمُعِلِمُ المُعِلِمُ المُعِلِمِ المُعِلِمُ المُعْلِمُ المُعِلِمُ المُعِلَّمِي مُعِلِمُ المُعِم

its leg. By chance, it flew away from my hand and went into a crack of a wall but the thread was hanging out. I pulled the thread very forcefully and the bird came out with convulsive motion in severe pain but the poor bird's leg was cut due to the thread. My mother saw this painful scene and became restless out of anguish and she cursed me saying: 'May Allah عَدْمَا لَا تَعْمُا لَا اللهُ عَلَيْهِا لَا اللهُ عَلَيْهَا لَا اللهُ عَلَيْهَا لَاللهُ عَلَيْهَا لَا اللهُ عَلَيْهِا لَا اللهُ عَلَيْهَا لَا اللهُ عَلَيْهِا لَا اللهُ عَلَيْهَا لَا اللهُ عَلَيْهِا لَا اللهُ عَلَيْهِا لَا اللهُ عَلَيْهِا لَا اللهُ عَلَيْهَا لَا اللهُ عَلَيْهِا لَا لَا اللهُ عَلَيْهِا لَا اللهُ عَلَيْهَا لَا اللهُ عَلَيْهَا عَلَيْهَا لَا اللهُ عَلَيْهَا لَا اللهُ عَلَيْهَا عَلَيْهَا لَا اللهُ عَلَيْهِا ع

And it happened accordingly. After sometime, I travelled to 'Bukhārā' to learn 'Ilm-e-Dīn and I fell down from my ride and my leg was severely injured. When I got to 'Bukhārā', I went through a lot of treatments but the pain would not get better. After all, I had to get the leg cut off. (And so the mother's curse came true). (Ḥayāt-ul-Ḥaywān-ul-Kubrā, pp. 163, Vol. 2)

Apologise to Your Parents by Falling to Their Feet

Dear Islamic brothers! If your parents or any one of them are angry, without any further delay, implore forgiveness by crying, by joining your hands in front of them and by falling into their feet. Fulfil their lawful demands because the success of both worlds lies in it. For further information about the rights of parents, please watch two VCD's:

- 1. 'Mān Bāp ke Ḥuqūq' (Rights of the Parents).
- 2. The VCD of Madanī Mužākaraĥ held during the I'tikāf of Ramadan-ul-Mubarak (1430 Ĥijrī) named 'Wālidaīn kay na-Farmānon kā Anjām' (Aftermath of Disobedience of the Parents) presented by Maktaba-tul-Madīnaĥ.

Dil dukĥānā chor dayn Mān Bāp kā Warnaĥ ĥay is mayn khasāraĥ āp kā Kīnaĥ-e-Muslim se sīnaĥ pāk kar Ittibā'-e-Ṣāḥib-e-Laulāk صَلَّ اللهُمْتَالْ عَلَيْهِوَالْهِوَسَلَّم kar Yā Khudā عَذَوْجَلَّ hay iltijā 'Aṭṭār kī Sunnatayn apnāyaīn sab Sarkār

Stop hurting your parent's hearts
Otherwise you will be in a great loss
Purify your heart from the malice of Muslims
Follow the footsteps of the beloved prophet of Allah صَلَى الله تَعَالَى عَلَيْهِ وَالْهِ وَسَلَّمُ
O Lord, the request of 'Aṭṭār is that
Everyone adopt the Sunnaĥ of the Noble Prophet



Dear Islamic brothers! Concluding the Bayān to the end, I will have the privilege of mentioning the blessings of Sunnaĥ and some of the Sunnaĥ and Islamic manners. The Holy Prophet مثلًا الله تقال عليه والهو تسلّم has said: 'The one who loves my Sunnaĥ loves me and the one who loves me will be with me in the Paradise.'



15 Sunnaĥs and Manners of Walking

1. Allah عَدْمَهُ says in the 15th chapter, Sūraĥ Banī Isrāīl, verse number 37, translation from Kanz-ul-Īmān Sharīf:



"And do not walk haughtily on the earth; you can not tear the earth and nor you can achieve height of the mountains."

- 2. The fragrant saying of the Beloved Prophet مَلَىٰ الله تَعَالَىٰ عَلَيْهِ وَالْهِ وَصَلَّم has been narrated in 'Baĥār-e-Sharī'at', volume 16, page 78 published by Maktaba-tul-Madīnaĥ that: A man was walking arrogantly by being covered with two pieces of cloths and was feeling proud of it. The earth pulled him inside and he will keep getting pulled inside the earth until the Day of Judgement. (Saḥīḥ Muslim, p. 5465)
- 3. The Beloved Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَاللهِ وَسَلَّم sometimes used to hold the hand of his companion in his blessed hand while walking. (Mu'jam Kabīr, pp. 162, vol.7) One should not hold the hand of any Amrad (attractive lad). To hold his hand or to shake hands with him or to hug him out of lust is Harām and an act that leads towards the Hellfire.
- 4. When the Holy Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَالهِ وَسَلَّم used to walk, he مَلَّى اللهُ تَعَالَى عَلَيْهِ وَالهِ وَسَلَّم would lean a little bit forward as though as if he صَلَّى اللهُ تَعَالَى عَلَيْهِ وَالهِ وَسَلَّم is descending from height. (Shamāile-Irmizī, pp. 87, Ḥadīš118)
- 5. Never walk with pride, wearing gold or any metal chains and with your front buttons opened to show off. This is the style of unwise, proud, transgressing people. It is Ḥarām for men to wear a gold chain in the neck and wearing other metallic chains is also not permissible.

- 6. If there is no hindrance, walk on the side of the pathway at a medium pace. Don't be so fast that people start looking at you that where is he going in such a hurry and not too slow that a viewer may assume that you are ill.
- 7. It is not Sunnaĥ to look here and there (unnecessarily) while walking. Walk with dignity and with your gazes lowered down. Sayyidunā Ḥassān bin Abī Sinān مَحْمَةُ اللهُ تَعَالَى عَلَيْهِ went for the Eid Ṣalāĥ. When he معتقد لله تعالى عليه came back home, his wife asked him: How many women did you see? He محمَّةُ اللهِ تَعَالَى عَلَيْهِ observed silence. When she insisted a lot, he محمَّةُ اللهِ تَعَالَى عَلَيْهِ said: 'I kept looking at the thumbs of my feet from exit till return to you.' (Kitāb-ul-Wara' ma' Mawsū'aĥ Imām Ibn Abī Dunyā, pp.205, vol. 1)

المُنْحُنَّ اللَّه عَنْوَعَلَّ !Devotees of Allah don't look here and there unnecessarily while walking, especially when it's crowded as they might look at someone who is not permitted by the Sharī'aĥ to look at! This was the piety of our saints . The ruling is that if you look at a woman unintentionally and move your gaze away immediately, you will not be sinful.

- 8. It's not appropriate to look at someone's balcony or windows unnecessarily.
- 9. While walking or coming up or down the stairs, make sure that your shoes do not make noise. Our Beloved Prophet صَلَّى اللهُ تَعَالَى عَلَيْهِ وَاللهِ وَسَلَّم did not like the echo created by shoes.

- 10. If there are two women standing or going on a way, do not go through between them. A blessed Ḥadīš prohibits us from doing so.
- 11. It is against manners to spit, clean your nose, put your finger inside the nose, keep tickling your ears, clean the dirt of your clothes with your fingers, itching your private parts and so on while walking, sitting down or standing in front of people.
- 12. Some people have the habit of kicking whatever comes in their way. This is very ill mannered practice. There is also a danger of your foot getting injured. Furthermore, kicking newspapers or boxes, packets and empty bottles of mineral water having inscriptions is also very disrespectful.
- 13. While walking, abide by the laws that do not oppose the Sharī'aĥ. For example, whilst crossing the road, try to cross the road from the zebra crossings or the over head bridge.
- 14. Cross the road by looking at the direction of the traffic. If you are in the middle of the road and vehicle is approaching, then rather than running away, try to stay there as this is a safer approach. Furthermore, to cross the tracks at times when trains usually pass from there is like inviting your death. The one who considers trains to be very far should keep in mind the danger of being entangled in wires in rush and falling over and the train passing over him and there are some places where going

through the tracks is against the law. Adhere to these laws especially on the stations.

15. Walk for 45 minutes doing Żikr and reciting Ṣalāt-'Alan-Nabī everyday with the intention of gaining strength to worship. النُهُ مَا عَاللُه عَوْدَعَلَ You will remain healthy. The best way to walk is that walk at fast pace for the first 15 minutes, next 15 minutes with medium pace and walk fast again for the last 15 minutes. With this practice, the whole body will be exercised. النُهُ مَا عَاللُه عَوْدَعَلَ you will be saved from heart diseases and many other diseases.

In order to learn thousands of Sunnaĥs, buy and read two books:

- 1. Baĥār-e-Sharī'at, volume 16 and
- 2. 'Sunnatayn or Ādāb' (Published by Maktab-tul-Madīnaĥ).

Another great source of learning the Sunnaĥ is to travel with the devotees of the Holy Prophet in the Madanī Qāfilaĥ of Dawat-e-Islami.

Lūinay raḥmatayn qāfilay mayn chalo Sīkhnay sunnatayn qāfilay mayn chalo Ĥon gī ḥal mushkilayn qāfilay mayn chalo Khatm ĥon shāmatayn qāfilay mayn chalo





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